

Emotional health matters.

We're here to help you take care of it.



Life is full of ups and downs. But if feelings of sadness, worry or anxiety are becoming more frequent and making daily life hard, it might be time to get extra help. Your plan offers support for whatever challenge you're facing – 24/7/365.

Providers ready to help

- National network of clinicians, counselors, psychologists and psychiatrists
- Guaranteed first-time appointments in five business days through our Fast Access network¹
- Live chat on **myCigna.com**[®]
- Virtual counseling sessions available with over 173,000 clinicians²
- Online therapy with a licensed therapist through Talkspace
- Behavioral health coaching through Ginger via text-based chat and self-guided learning activities^{3,4}
- Two-day appointments available through some virtual in-network provider partners⁵
- Coaching and support services provide dedicated support for a broad range of conditions, including autism, eating disorders, intensive behavioral case management, substance use, and opioid and pain management; also, coaching and support for parents and families empower individuals to be effective advocates for their child, spouse or family member – or their own mental health needs
- Centers of Excellence for Adult Mental Health, Child & Adolescent Mental Health, Eating Disorders and Substance Use⁶

Programs that provide support⁷

- Three face-to-face visits with a licensed behavioral health provider in our employee assistance program (EAP) network at no additional cost. To get an EAP code, visit **myCigna.com** and chat with us online or select the link that displays with your online provider search.
- Live chat with an EAP advocate
- Unlimited telephone support and access to work-life resources
- Access to legal services, including a 30-minute consultation with a program attorney for legal issues, with 25% off select fees if the program attorney is retained
- Access to financial services, such as 25% off tax preparation and a 30-minute complimentary phone consultation with a financial specialist
- Access to IdentityForce, a comprehensive identity theft protection program at no additional cost.⁸

Resources ready whenever you are

iPrevail

This digital therapeutics program was designed by experienced health care professionals to help you take control of stress. Interactive video lessons and one-on-one coaching can help with challenges including post-traumatic stress disorder (PTSD), caregiving, depression and anxiety.⁸

Happify™

A self-directed program with science-based games and guided meditations, Happify was designed to help reduce stress and anxiety, increase confidence, and boost overall health.⁸

Behavioral awareness webinars

Taught by industry experts, these free monthly educational webinars offer tips and tools for children and families on topics such as autism, eating disorders, substance use and behavioral health awareness. Sign up at **Cigna.com**[®].

 [Get started or register at myCigna.com today.](https://myCigna.com)



1. Per our agreement with contracted providers. Within five business days for first-time appointment with non-prescriber; 15 business days for prescriber.
2. Cigna Healthcare virtual behavioral care network as of May 2023. Subject to change. Not all providers have video chat capabilities, and video chat may not be available in all areas. A primary care provider referral is not required. See your plan materials for costs and details of coverage, including other virtual care benefits that may be available under your specific health plan.
3. Program services are provided by independent companies/entities and not by Cigna Healthcare. Programs and services are subject to all applicable program terms and conditions. Program availability is subject to change.
4. Customers under age 13 (and/or their parent/guardian) will not be able to register at myCigna.com.
5. Two-day appointments available through some virtual in-network provider partners. Timeframe is average first-time availability and may vary by provider and region.
6. The Cigna Healthcare Center of Excellence designation is a partial assessment of quality and cost-efficiency and should not be the only basis for decision-making (as such measures have a risk of error). Individuals are encouraged to consider all relevant factors and talk with their physician about selecting a health care facility. Quality designations and ratings found in Cigna Healthcare online provider directories are not a guarantee of the quality of care that will be provided to individual patients.
7. Employee assistance program services are in addition to, not instead of, your health plan benefits. These services are separate from your health plan benefits and do not provide reimbursement for financial losses. Customers are required to pay the entire discounted charge for any discounted legal and/or financial services. Legal consultations related to employment matters are excluded. Additional restrictions may apply. Program availability may vary by plan type and location, and programs are not available where prohibited by law.
8. Program services are provided by independent companies/entities and not by Cigna Healthcare. Programs and services are subject to all applicable program terms and conditions. Program availability is subject to change.

All health care providers and service providers are solely responsible for their care and/or services.

Providers are not agents of Cigna Healthcare. Product availability may vary by location and plan type and is subject to change. All group health insurance policies and health benefit plans contain exclusions and limitations. For costs and details of coverage, contact a Cigna Healthcare representative.

All Cigna Healthcare products and services are provided exclusively by or through operating subsidiaries of The Cigna Group.

974333 07/23 © 2023 Cigna Healthcare. Some content provided under license.